

# Creative Movement to Wholeness



A Retreat Weekend of Movement, Meditation, Art & Nature.

## Join Us! ...As We Nourish And Embrace The Emerging Future!

October 26, 27, 28 of 2018

- **Learn** an embodied movement practice (**Social Presencing Theater - SPT**)
- **Increase intuition** & learn to **connect more deeply** through “body wisdom”  
Taught by Laura Cronk
- **Experience** a variety of Grounding Meditation Practices  
Lead by Mary Evelyn Zimmerman
- **Create** a colorful journal to record your experiences  
Instructed by Mary Jardin Wimberley
- **Drum, dance or rest** around the campfire
- **Eat organic meals** with vegetarian and gluten free options
- **Enjoy nature** at the Temenos Retreat Center
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### Price Options:

- Retreat with a single room is \$370
- Retreat with a shared double room is \$325
- Retreat as commuter is \$230. *\*As a commuter please arrive before the workshop begins each day and stay to the end.*

**REGISTER NOW!** Laura Cronk [laura.leavesofpractice@gmail.com](mailto:laura.leavesofpractice@gmail.com) or call 302-753-3388

<https://www.leavesofpractice.com/october-workshop>